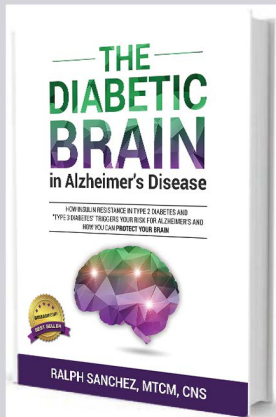




RALPH SANCHEZ, MTCM, CNS

Author of *The Diabetic Brain In Alzheimer's Disease*

Key Focus: Alzheimer's Disease / Dementia Education and Prevention



Ralph Sanchez is the best-selling author of *The Diabetic Brain in Alzheimer's Disease*, a book that connects the dots between, type 2 diabetes, type 3 diabetes and Alzheimer's disease.

In addition, Ralph's second book *The Improved MIND Diet*, details how even the healthiest diet such as the Mediterranean diet can be improved to support brain health and cognitive function, and protect cognitive decline and Alzheimer's as one ages.

These two books are the offspring of Ralph's quest to prevent dementia for himself, and includes a journey of over twenty-five years of intensive research regarding the risk factors and related causes of Alzheimer's disease.

Ralph's passion is to share his insights on the primary triggers in aging that raises an individual's risk for late-onset Alzheimer's disease, and how that body of science can be transformed into actionable steps for risk reduction and prevention.

SUGGESTED INTRODUCTION:

Ralph Sanchez is the best-selling author of *The Diabetic Brain in Alzheimer's Disease*, a book that connects the dots between, type 2 diabetes, type 3 diabetes and Alzheimer's disease.

Apart from Ralph's extensive clinical experience and work with patients, he has spent over two decades intensively researching the risk factors and related causes of Alzheimer's disease and dementia,

Ralph's passion is to share his insights and inspire others on how that body of science can be readily transformed into actionable steps for vastly reducing a person's potential risk for Alzheimer's and dementia as they age.

INTERVIEW TOPICS

- My story: How a concussion and exposure to pesticides and mercury led to my Alzheimer's journey
- What is Type 3 Diabetes? *The Diabetic Brain in Alzheimer's Disease*
- Think ahead: Risk factors associated with Alzheimer's Disease - what to look for in your 30s, 40s and 50s
- Why women have a higher incidence rate of Alzheimer's than men, and the vital steps they can take to protect themselves
- *The Dementia Antidote* - How to keep your brain young
- *The Alzheimer's Gene Pool*: Do genes determine our dementia destiny?
- Brain energetics-why powering up your brain is essential as you age

The Diabetic Brain in Alzheimer's Disease is extremely enlightening. Terrific science based information about the underlying causes of Alzheimer's disease that empowers me to take control of my own risk for it.

Mike T
Cincinnati, Ohio

CONNECT WITH RALPH

✉ Info@TheAlzheimersSolution.com

🌐 TheAlzheimersSolution.com

☎ (800) 473-1197

🌐 [in/ralph-sanchez](https://www.linkedin.com/in/ralph-sanchez)

📘 [/TheAlzheimersSolution](https://www.facebook.com/TheAlzheimersSolution)

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